



# The Facial Room™

ACNE & SKIN CARE CLINIC

## ZINC AND FISH OIL

### Important information about Zinc:

Zinc is an essential trace element for humans and there is evidence that it acts in a similar way to antibiotics in improving the condition of inflamed acne. While the exact, most effective dosage is not clear most studies indicate 50-100mg daily is optimal. However, it is advisable that you not take any more than 60mg because excessive zinc may lead to deficiencies in other vitamins and minerals.

A good brand of Zinc is OptiZinc Zinc Monomethionine Complex- 30mg, (available at [www.ihealthtree.com](http://www.ihealthtree.com)) because it contains copper. Copper is one of the minerals that can be depleted by taking zinc supplements. Also, many zinc supplements can upset your stomach, but OptiZinc is formulated to prevent nausea. It is best to take Zinc with food.

Zinc is not to be used as a preventative to acne, but rather as a treatment, and you should discontinue taking it once you are completely clear.

If you would like more information to help you make decisions about the benefits, proper dosage and best formulation of zinc supplements, it is highly recommended that you do your own research on the internet.

### Omega-3 Fish Oil capsules to treat your acne:

Research and anecdotal evidence suggests that those who suffer from chronic inflammatory acne may benefit from taking relatively higher doses (1000-1700mg) of purified omega-3 oils – the kind primarily present in wild ocean fish such as salmon, mackerel, cod, and herring.

Omega-3 oils are anti-inflammatory properties, and, for acne sufferer, they may help regulate hormones and in addition help to shorten the intensity of breakouts. Note, however, that although there is no known toxicity associated with ingesting fish oil over long term, you should check with your physician particularly if you have chronic underlying illness or are pregnant.

The fish oil supplements I recommend to help with your acne is of therapeutic quality and are enteric-coated capsules to help assimilate the omega-3's in the most efficient way possible. They are Ultra Potency Omega-3 Fish Oil – 850MG by Source Naturals ArcticPure™. You can find them online at [www.ihealthtree.com](http://www.ihealthtree.com). In addition, these supplements are formulated not to have a fishy after taste and are guaranteed burp free.

It is recommended that you take 1-2 capsules with the lightest meal of the day.